



## INFORMATION PACKAGE

### Para-powerlifting Brisbane Competition

Saturday 31 July 2021

#### Venue:

Sporting Wheelies and Disabled Association,  
Health and Fitness Centre,  
31 Dover St Albion, Queensland 4010



## Introduction

With funding support from Commonwealth Games Australia (CGA) and Paralympics Australia (PA), Sporting Wheelies and Disabled Association (SWDA) is pleased to host a competition in Brisbane on Saturday 31 July 2021.

This event is open to all Para-powerlifting athletes, from novice through to elite, who are eligible to compete in Para-powerlifting competitions (minimum 15 years of age at 31 December 2021).

World Para Powerlifting (WPP) sanctioning is pending subject to approval from World Para Powerlifting. National Classification will be available and conducted prior to competition.

SCHEDULE OF EVENTS		
EVENTS	DATES	VENUES
Arrivals	Friday 30 July	Brisbane Airport
Accommodation	Friday 30 July – Sunday 1 August	Quest Breakfast Creek Apartments
Classification*	Friday 30 July	SWDA
Technical Meeting	Friday 30 July	SWDA
Competition, & Presentations	Saturday 31 July	SWDA
Competition Dinner	Saturday 31 July	Quest Breakfast Creek Hotel
Departures	Sunday 1 August	Brisbane Airport

\*Subject to Paralympics Australia confirmation if required.

## The Event

- This event conducted with the assistance and endorsement of Paralympics Australia with funding support provided by Commonwealth Games Australia, specifically to support the preparation of Birmingham 2022 Commonwealth Games potential athletes. We recognise, acknowledge and appreciate the support from Commonwealth Games Australia.
- National Level Sanctioning from World Para Powerlifting is pending, which will enable athletes holding a current International Classification and Athlete License to have their results recognised within World Para Powerlifting rankings.
- Confirmation of conduct of National Classification will be communicated directly with athletes requiring Classification following close of entries.
- Weigh-in will be conducted at 11:00am (Please arrive at the venue at least 15mins prior)
- Light refreshments will be available following weigh-in.
- First competition session is scheduled to commence at 1:00pm, however the final competition schedule will be distributed to all athletes following close of entries.
- The event will be conducted under World Para Powerlifting rules.

## Entry

Entries will be accepted online at the following link only:  
[Brisbane Competition - July 31 2021](#)

Further information is available via the [Paralympics Australia website](#).

Thanks to funding support from Commonwealth Games Australia, there is no entry fee to participate in this event.

The deadline for entries is **11:59pm on Monday 5 July 2021**  
Late entries will not be accepted

## Qualifying Standards

There are no minimum qualification standards for this competition. The competition is open to all athletes with an eligible physical impairment, from emerging to elite level (minimum age 15 years by 31 December 2021). Emerging or new athletes may be required to provide information or evidence of current training and lifting involvement, including

video evidence of lifting technique if requested.

We encourage Athletes to hold a membership with their respective state Disability Sports or Powerlifting Organisation, however this is not mandatory to be eligible to compete in this competition.

## Body Weight Divisions

WOMEN	Up to 41 Kg	Up to 45 Kg	Up to 50 Kg	Up to 55 Kg	Up to 61 Kg	Up to 67 Kg	Up to 73 Kg	Up to 79 Kg	Up to 86 Kg	Over 86 Kg
MEN	Up to 49 Kg	Up to 54 Kg	Up to 59 Kg	Up to 65 Kg	Up to 72 Kg	Up to 80 Kg	Up to 88 Kg	Up to 97 Kg	Up to 107 Kg	Over 107 Kg

## Classification

To compete in the event, athletes are required to have a current Provisional, National or International Classification.

New Athletes and athletes who hold a National or International Classification with a Review (R) status, or a Review Fixed Date (RFD) with a review year of 2021 or earlier are required to attend classification prior to the start of the event.

Athletes requiring Classification will be contacted by PA Classification Team following receipt of entries.

## The Venue

The competition will be conducted at:

Sporting Wheelies and Disabled Association,  
Health and Fitness Centre,  
31 Dover St Albion, Queensland 4010

## Free Training / Technical Meeting

All participants are welcome to attend to a free training session to be held on Friday 30 July in conjunction with the Technical Meeting (Lot Draw) from 4:00pm – 5:00pm at Sporting Wheelies and Disabled Association, Health and Fitness Centre. The session will be conducted by National Head Coach, Simon Bergner.

## Accommodation

The nominated/preferred accommodation for this event is the Quest Breakfast Creek

Apartments. Transport between the airport, accommodation and the competition venue will be provided for athletes and officials for those who require transport. Confirmation of schedules will be confirmed prior to the competition date.

Rooms are being held, including accessible rooms at the Quest Breakfast Creek Apartments, however it will be your responsibility to book and pay for your accommodation directly with the hotel. Paralympics Australia will communicate with Officials with respect to booking of flights and accommodation.

Room rates are available at the Breakfast Creek Apartments specific to this event at the following rates:

*Studio/Studio Accessible - \$149*

*1 Bedroom Apartment - \$185*

*2 Bedroom Executive Apartment (adjoining studio & 1 bed) - \$299*

To book your accommodation, please visit [www.questbreakfastcreek.com.au](http://www.questbreakfastcreek.com.au) or call +61 7 3330 9700 and use the promotional code: **POWER**

**Address: 15 Amy Street, Albion Qld 4010**

Athletes and officials are welcome to stay at alternative accommodation, however those who do so will be responsible for their own transport arrangements.



## **EXCLUSIVE RATES FOR SPORTING WHEELIES POWERLIFTING EVENT**

Quest Breakfast Creek is perfectly located in Albion, just 1.5km from Sporting Wheelies and Disabled Association's Powerlifting Event. Featuring modern designed studio, studio accessible, one and two bedroom apartments, along with easy access to shops, restaurants and major motorways, Quest Breakfast Creek is the ideal accommodation choice.

Enjoy exclusive discounted rates when you book online  
[www.questbreakfastcreek.com.au](http://www.questbreakfastcreek.com.au)  
Use the Promotional Code:  
**POWER**

Rates are subject to availability at the time of booking. Bookings must be confirmed directly with the property via phone or email. Rates are not available through other third party booking channels. Credit card required at the time of booking. Rates quoted are room only. Car parking is subject to availability and an extra \$10 per car per night. Rates are valid for stays from 07/04/21 - 13/04/21.



For bookings or more information  
Visit [www.questbreakfastcreek.com.au](http://www.questbreakfastcreek.com.au)  
or call (07) 3330 9700



## Ground Transport

Ground transport to and from the Quest Breakfast Creek Apartments will be provided as outlined below. Athletes and officials accommodated at alternative venues adjacent to the Quest may also be able to take advantage of the transport to and from the Quest however please advise in advance to ensure seat availability.

## ARRIVALS (Brisbane airport)

Friday 30 July 2021 for flights arriving between 1:30pm and 5:30pm. Athletes requiring National Classification\* may be required to arrive in Brisbane prior to **11:30am**.

\*Subject to confirmation of conduct of Classification and final Classification schedule

## DEPARTURES (Brisbane airport)

Transport will be provided for flights on Sunday 1 August 2021, departing between 10:00am and 2:00pm

## Ground Transport to and from competition:

Transport will depart the Quest apartments at 10:30am on Saturday 31 July 2021 to the competition venue and returning at the end conclusion of competition. Additional shuttles to and from the accommodation may be provided if required however athletes travelling outside the above schedule may be responsible for their own transport.

## Withdrawals

Competitors wishing to withdraw from the event after entries may do so until **Monday 19 July 2021**. Despite there being no fee to participate, please advise if you have entered but do not intend to compete as this will affect the scheduling of events.

All withdrawals must be received in writing. Withdrawals due to illness or injury must be accompanied by a medical certificate. Withdrawals without providing the above information and requirements may impact of acceptance of entries at future competitions conducted within Australia.

## Supporters

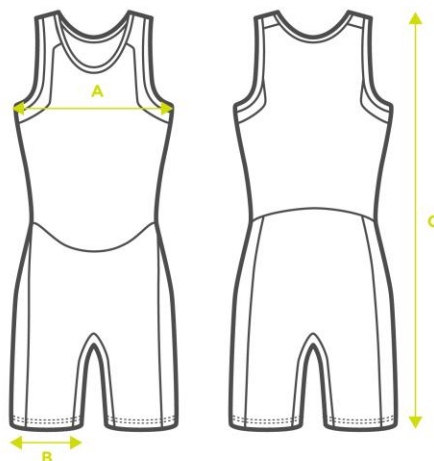
Due to COVID-19 restrictions a maximum of one supporter/coach/carer per athlete may be allowed. Please advise if you will have a supporter/coach/carer in attendance with you and if arrangements for transport are required.

# Lifting Uniforms

Athletes who compete in WPP approved one piece lifting suits are required:  
<https://www.paralympic.org/powerlifting/rules>

- Athletes must compete in a one-piece lifting suit made from a one-ply very limited stretch material, eg Lycra (maximum 20 %) or cotton-elastane – (maximum 10% elastane), without any additional patches or padding.
- The lifting costume must be a one-piece lifting suit with shoulder straps & must not have a zipper fastening.
- The straps must be worn over the shoulders at all times while lifting in competition
- The one-piece lifting suit can be full length, extending to the ankles and include a stirrup or a short leg version.
- Any other style of lifting costume or uniform will not be accepted

## Male lifting uniform size chart



**HOW TO ORDER THE CORRECT SIZE**

Our sizing charts give the measurements of the actual garments; they are NOT on-body measurements.


You will need to lay the garment flat and measure in centimeters from point-to-point as shown in the image to the left.

POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
A	1/2 CHEST	34	36.5	39	41.5	44	46.5	49	51.5	54	56.5
B	1/2 LEG OPENING	19	20	21	22	23	24	25	26	27	28
C	TOTAL LENGTH	82.5	85	87.5	90	92.5	95	97.5	100	102.5	105



PLEASE NOTE: MEASUREMENT TOLERANCES MAY VARY AS PER INDUSTRY STANDARD.

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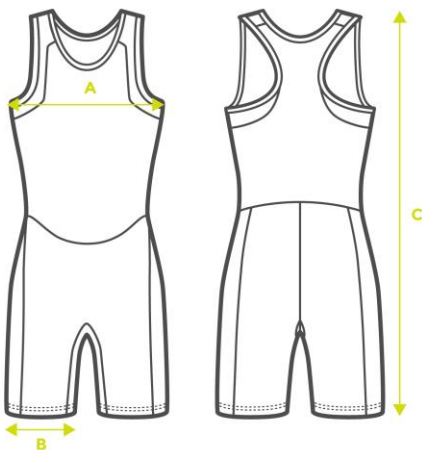
## Female lifting uniform size chart



**TKY083F / TKY122F**  
SUIT SHORT - FEMALE



**HOW TO ORDER THE CORRECT SIZE**

Our sizing charts give the measurements of the actual garments; they are NOT on-body measurements.

You will need to lay the garment flat and measure in centimeters from point-to-point as shown in the image to the left.

POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
<b>A</b>	1/2 CHEST	29	31.5	34	36.5	39	41.5	44	46.5	49	51.5
<b>B</b>	1/2 LEG OPENING	19	20	21	22	23	24	25	26	27	28
<b>C</b>	TOTAL LENGTH	75	77.5	80	82.5	85	87.5	90	92.5	95	97.5

PLEASE NOTE : MEASUREMENT TOLERANCES MAY VARY AS PER INDUSTRY STANDARD.

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If you wish to purchase a lifting suit, please contact Paralympics Australia: [tim.matthews@paralympic.org.au](mailto:tim.matthews@paralympic.org.au) by 17 June 2021. Cost is \$100 each including GST, postage, and handling.

## Result Calculations

Results of the event will be determined using the [AH Co-efficient Formula](#)

## Volunteers

Volunteers are required to fill various roles for this event. If you have some time to spare to spare on the day to assist or know someone who does, please contact Robyn (07) 3253 3333 or email [robyns@sportingwheelies.org.au](mailto:robyns@sportingwheelies.org.au)

## Doping Control

The event will be subject to anti-doping testing. Paralympics Australia's Anti-Doping Policy is the Australian National Anti-Doping Policy, effective from 1 January 2021, and can be found on the [Sport Integrity Australia website](#). All athletes participating are bound by these rules.



Please ensure any **Therapeutic Use Exemptions (TUE) documentation** are up-to-date and submitted to the relevant authorities.

Further anti-doping education and e-Learning modules are available on the **Sport Integrity Australia website**.

## **Presentations**

An informal presentation ceremony will take place at the venue after the completion of the event. The top three lifters in the men's and women's divisions will be awarded trophies (dependant on numbers).

## **Competition Dinner**

A dinner for all competitors, staff, officials, and supporters will be arranged for the night of Saturday 31 July 2021 at the Breakfast Creek Hotel, 2 Kingsford Smith Dr, Albion, QLD 4010. Payment for dinner is your responsibility on the night. RSVP is via online entry form.

## **Enquires**

Please contact Robyn Stephens (07) 3253 3333 or [robyns@sportingwheelies.org.au](mailto:robyns@sportingwheelies.org.au)